

For immediate release: March 27, 2013

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Celebrate National Public Health Week April 1-7
Public Health is ROI: Save Money. Save Lives.

2013 County Health Rankings Detail Health Disparities in the Healthiest State

WHITE RIVER JUNCTION – Vermont has been ranked #1 healthiest in *America's Health Rankings* for many years in a row. But Vermonters are not equally healthy, as reported in the latest *County Health Rankings* by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation.

Now available at www.countyhealthrankings.org, the 2013 report ranks Chittenden County as the healthiest in the state, and Windsor and Orange Counties rank 4th and 10th, respectively.

The rankings are based on health outcomes – length of life and quality of life – and health factors such as smoking, alcohol use, physical activity, access to quality health care, income, education, employment and the built environment.

“We are really proud of the work we do through our Women, Infants and Children’s program,” said Linda North, interim director for the White River Junction district office of the Health Department. “Obesity is a growing problem in our region, so we strive to provide support, education and options for families and children to make healthier choices when it comes to decisions around meals and snacks.”

Through nutritional education, farmer’s market coupons and small group cooking demonstrations, the White River Junction District Office supports Windsor and Orange County families to make the healthy choice the easy choice when it comes to nutrition.

“We believe that a healthy start is the best start to give families. We are committed to providing this to families here in Windsor and Orange Counties” North said.

Among the findings in the 2013 *County Health Rankings*:

- 11% of adults in Windsor County and 12% in Orange County report poor or fair health, compared to 8% of adults in Chittenden County.
- 17% of adults in Windsor County and 19% in Orange County smoke, compared to 12% in Chittenden County.

- 20% of adults in Windsor County and 21% in Orange County report they are physically inactive, compared to 15% in Chittenden County.
- 4% report limited access to healthy foods in both Windsor and Orange Counties, which is comparable to 4% in Chittenden County.

The *County Health Rankings* rank the overall health of nearly every county in all 50 states. Nationally, the data revealed that unhealthy counties have more than twice the rate of premature deaths than healthy ones and childhood poverty rates are twice as high in unhealthy counties. The *Rankings* allow counties to see how they compare to other counties within the state based on a range of factors that influence health.

Celebrate Health during National Public Health Week

During National Public Health Week April 1-7, the Vermont Department of Health will highlight the daily work of public health, and will launch *Healthy Vermonters 2020* – the state health assessment that documents the health status of Vermonters at the start of the decade, and sets the goals that will guide the work of public health through 2020.

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